

# Could you benefit from:

- Free or low-cost **health care**?
- Help paying for **child care**?
- A larger **tax refund**?
- Free or reduced-cost **school meals**?
- Money to help buy **food**?
- Help paying your **energy bills**?



Children's Defense Fund

## BRIDGE TO BENEFITS

Another Way Children's Defense Fund Helps Strengthen Families

[www.bridgetobenefits.org](http://www.bridgetobenefits.org)

## Find out if you may qualify for public programs that can help stretch your budget:

- Medical Assistance
- MinnesotaCare
- General Assistance Medical Care
- Child Care Assistance
- Food Support
- Energy Assistance
- School Meals
- Women, Infants & Children (WIC)
- Earned Income Tax Credit
- Working Family Tax Credit

**It's quick, easy, free and confidential**

## Four simple steps that can help you and your family:

- 1 Visit [www.bridgetobenefits.org](http://www.bridgetobenefits.org)  
and click on your state
- 2 Click the start button and answer questions  
about your household and income
- 3 Learn if you or your children may qualify for  
public programs
- 4 Find out how and where to apply, print  
applications and learn more about programs



**BRIDGE  
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TO BENEFITS**

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